



Facilitation Guide: UNDERSTANDING LEADERSHIP

The purpose of this training module is to provide students with a basic understanding of leadership, its values, qualities and attributes; and the ability to identify themselves and others as leaders.

TRAINING OBJECTIVES

- Students understand the difference between the qualities of leadership (being) and the skills of leadership (doing).
- Students understand the importance of values-based leadership.
- Students learn about various leadership styles, determine their personal leadership style and come to understand how to best work with different leadership styles.

TRAINING BEST PRACTICES

- Have students watch one of the videos listed below. What did they learn about leadership? Do they agree with what they heard? Why or why not?
- Using the **Qualities of a Leader** and the **How Good a Leader Am I? documents**, have students complete the worksheets and organize small groups to discuss their answers. Ask them to share with the group the insights they gained about themselves as leaders.
- Help students understand how values play a role in leadership. Use the **True Colors** or **Values Cards** activity to teach how values affect actions and leadership styles.

TOOLS & RESOURCES

- Article: ["Leadership of People" by Fredric Labarthe](#)
- YouTube: ["First Followers" by Derek Sivers](#)
- YouTube: ["How Good Followers Create Good Leaders](#)
- Worksheet: [Qualities of a Leader](#) (PDF)
- Worksheet: [How Good a Leader Am I?](#) (PDF)
- Worksheet: [Designing My Life Chart](#) (PDF)
- Activity: [I CARE Values & Cards](#) (PDF)
- Activity: [True Colors Leadership Exercise](#) (PDF)